

## FASD Month Information

### About FASD Month

FASD Awareness Day is held annually on September 9<sup>th</sup>  
FASD Day was first held in 1999, making 2022 the 23<sup>rd</sup> year  
FASD Day is held on the 9<sup>th</sup> day of the 9<sup>th</sup> month to highlight the importance of going alcohol-free during the full 9 months of pregnancy  
CanFASD and many other FASD organizations recognize September as FASD Awareness Month

### 2022 FASD Awareness Month

The theme this year is *Building Strengths and Abilities*

Our goal for FASD Awareness Month 2022 is to recognize and celebrate the strengths, abilities, and talents of those with FASD

Only focusing on challenges associated with FASD can result in stigma and stereotypes. Talents, strengths, and abilities should be recognized and celebrated at all times, especially during FASD Awareness Month

This theme goes beyond celebrating strengths of those with FASD. It also recognizes the strengths and successes of families and communities and those who are pregnant and parenting

Key monuments and landmarks in Canada will be lighting up red on September 9<sup>th</sup> to celebrate FASD Awareness Day. (Go to the website to find a monument near you.)

Communities across Canada are celebrating FASD month in a number of cool ways. (Go to the website to find an event near you).

### Key Messages

FASD stands for Fetal Alcohol Spectrum Disorder, a lifelong disorder impacting the brain and body of people exposed to alcohol in the womb

4% of Canadians (1.5 million) have FASD. This more than the number of people with Autism Spectrum Disorder, Cerebral Palsy, and Down Syndrome combined.

FASD is preventable if women and girls have the right supports and if communities take action

People with FASD can and do succeed with the right supports

### More Resources (please access more information about the categories below on the website)

- FASD language and media guide
- A standard definition of FASD
- Strengths among people with FASD
- The prevalence of FASD
- Why FASD diagnosis is important
- FASD Prevention
- List of monuments lighting up red

